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MO' DOUGH
MEN OF MOVEMBER SET DONATION RECORD {page 4}



CLARKE READY TO MEET OLD TEAM ON THE ICE {page 24}

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News worth sharing.

RYAN TAPLIN/METRO



▶ Nicholas Edward White, 24, is escorted into Dartmouth provincial court yesterday.

Family of slain man in 'shock'

Family of deceased 'in disbelief' about what happened to elderly man ◗ Walker's sisters say they don't think he knew his alleged killer ◗ Police have yet to release how victim was murdered



ALY THOMSON
HALIFAX@METRONEWS.CA

Mary Fleet was watching the local news when she learned of an elderly man's death in Lower Sackville last week.

In disbelief, she tried calling her 76-year-old brother. There was no answer.

"He didn't call back. He always calls back," Fleet told Metro yesterday.

Joseph Walker was found dead in his Lower Sackville apartment early Friday morning. Four of his five sisters were at Dartmouth provincial court yesterday to face Nicholas Edward White, who is charged with second-degree murder in his death.

"We're all in shock. It hasn't really hit us yet," said Fleet, sitting beside her sisters Beverly Crowell, Joan Mead and Jean Warner at the court house.

The remaining sister, Helen Ohearn, wasn't in attendance. "He was a brother, and look, I'm telling you he was the most wonderful person you'd ever want to meet," said Fleet, in a strong tone.

"He'd give you the shirt right off his back. He wouldn't harm a flea."
MARY FLEET, SISTER OF JOSEPH WALKER

Fleet said her brother was a man-about-town. She said he could often be seen walking the streets of Lower Sackville sporting a cane and a black hat equipped with a long feather.

"He very seldom took the bus, or he would walk one way and take the bus back. He was in good shape for his age," said Warner.

When the accused entered the courtroom yesterday, the sisters sat quietly.

"Everything is over and done with and we can't bring Joe back. There's no sense in saying anything to him," Fleet said before White appeared.

Walker lived alone in his apartment at 70 Cobequid Rd. for 15 years. He had three sons, one daughter and "too many grandchildren to count," said Fleet.

Accused shows little emotion in court appearance

Nicholas Edward White said nothing and showed little emotion as he entered a Dartmouth provincial courtroom yesterday.

After a brief appearance, the 24-year-old was remanded back to the Central Nova Correctional Facility in Burnside and will appear in court again Dec. 20 to set a date for preliminary inquiry.

White is charged with second-degree murder in the death of Joseph Walker.

White avoided eye contact with members of Walker's family as he entered the courtroom yesterday afternoon. He was wearing a yellow and grey rugby shirt and black track pants.

Police were called to an apartment at 12:30 a.m. on Friday and arrested White a few minutes later at a nearby cemetery with the help of the K-9 unit

ALY THOMSON

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12:00am - 5:00pm: Wine Tasting with Premier Wines

2:30pm - 3:00pm: Pete Luckett chop and chat

3:30pm: Gingerbread Contest judging

4:30pm - 5:00pm: Pete Luckett chop and chat

5:00 pm: passport draw for two special 'Bring Home the Holidays' gourmet gift baskets

Pete's Bedford...

10:00am - 10:30am: Pete Luckett chop and chat

11:30am - 12:00pm: Pete Luckett chop and chat

12:30pm: Gingerbread Contest

2:00pm - 4:00pm: Craig Flinn book signing and cooking demonstration

2:00pm - 4:00pm: Quadrangle quartet singing your holiday favourites

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BEST OF FOOD 2010

Obey or pay, police say

Winter parking ban begins in two weeks with no vehicles allowed on urban core streets in overnight hours ◗ Some want ban changed

RYAN TAPLIN/METRO



▶ A line of parked cars is seen in this file photo from last December. The overnight winter parking ban starts up again Dec. 15.

Police say there are no free passes when it comes to HRM's overnight winter parking ban.

Rules are rules and must be obeyed — police proclaim — no matter what the weather conditions may be when the ban is in place.

"Once the ban comes into effect, any vehicle left on the street in those overnight hours is subject to a ticket," said Halifax Regional Police spokesman Const. Brian Palmeter.

This year's ban starts Dec. 15 — meaning starting with the overnight hours of Dec. 14 — any vehicle left on the street in the urban core between 1 a.m. to 7 a.m. could be hit with a $50 ticket. The fine jumps to $82.96 if the ticket isn't paid within 60 days.

Some argue the ban should change and be in effect only when there's an actual storm. Police have a different take.

"It's important for us to get out and make sure people have a clear message," explained Palmeter. "And you can't wait until the first snowfall in order to get people to get their vehicles off the road."

Palmeter said parking enforcement commissionaires issue most of the overnight tickets, although patrol officers can, and will, as well.

HRM spokeswoman Shaune MacKinlay said by-law enforcement officers are also involved in the ticketing process.

MacKinlay estimated two people will be contracted out as parking enforcement commissionaires to work as part of a "small staff" that will hand out the parking ban tickets this winter.

PHILIP CROUCHER

11,000+ tickets

- Last year just over 11,000 overnight winter parking ban tickets were issued in HRM, bringing in revenue of about $553,000.

High school football celebration leads to drinking charge



ALEX BOUTILIER
@METRONEWS.CA

Hours after winning a third straight provincial title, some players with the Citadel High Phoenix football team were involved in some extra-curricular activities that left a school window smashed out and at least one boy charged with underage drinking.

According to Const. Brian Palmeter, Halifax Regional Police were called to Citadel High School after a passerby noticed people in the school at about 7:30 p.m. on Sunday.

"Officers observed high-school age students fleeing the area," said Palmeter, adding about half a dozen were stopped and one charged with underage drinking.

Palmeter said that there were some alcohol bottles left inside the school.

Halifax Regional School Board spokesman Doug Hadley confirmed that members of the Citadel High football team — potentially with others — were involved.

But Hadley refused to say whether any disciplinary action had been taken.

"The school is investigating ... to determine responsibility and determine what consequences they will receive for their actions," he said.

"(But) we wouldn't report on (the consequences) other than to say that the school will be responsible for imposing discipline."

1 news

Scan this code for the latest fallout from the WikiLeaks release.

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Allan Small explains why investor eyes are eagerly watching the American consumer. More at metronews.ca/investing

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News in brief

One nabbed over poppy money theft

CRIME. A Beaver Bank man has been arrested in the theft of poppy money from three locations.

The 44-year-old is accused of stealing the money in Dartmouth, Hammonds Plains and Chester.

Halifax Regional Police said yesterday they received several tips about the suspect's identity after surveillance video was aired of a poppy tray theft at a Tim Hortons in Dartmouth.

The man's name wasn't released.

He was arrested at his residence without incident Saturday and will appear in Dartmouth provincial court on Feb. 1. THE CANADIAN PRESS

Arrested man to be charged

CRIME. A 28-year-old Halifax man is facing charges in relation to several break-ins in south end Halifax.

Police say the break-ins took place Sept. 13, Oct. 1 and overnight Saturday, when a couple returned home and found a man inside their residence.

He was arrested after being detained by the couple.

Jean Pierre D'Entremont was to appear in court yesterday charged with break and enter, possession of break-and-enter tools and possession of stolen property. METRO

RYAN TAPLIN/METRO



▶ Movember participants in Halifax, from left, Burke Johnson, Hassam Alhamzah, Keith MacLaren, Mark Keating and Daniel Bartek show off their moustaches.

Mo' men raise a lot mo' than befo'

Halifax men raised upwards of $250,000 for prostate cancer research ◐ Over $16.5M raised nationwide ◐ Campaign to raise awareness of men's health began 7 years ago in Australia



ALEX BOUTILIER
@METRONEWS.CA

For the past 30 days, the streets of Halifax have featured more moustachioed men than an Arcade Fire concert.

But as of tomorrow, the third annual Movember campaign in Canada will be over, and with its end hundreds of upper lips will once again be visible.

The campaign, which originated in Australia in 2003, challenges men to grow a mo' — Australian slang for a moustache — for the 30 days of November. Since its inception, Movember has spanned continents, with campaigns now in 11 countries, including Canada, the U.S., the U.K. and Spain.

Last year's campaign in Canada was the second-largest, behind Australia, taking in $7.8 million for research. This year's total is still accruing but it already dwarfs 2009's total with $16.5-million committed — more than any other participating country.

About $250,000 of that came from people in Halifax like Burke Johnson, a psychology student at Dalhousie University.

"It's a good cause. It's fun," said Johnson. "It's a great way to raise money."

Johnson said he returned to his native New York last weekend, and got some startled reactions.

2,634
Number of "Movember" participants in Halifax according to its official site.

"People in New York are aware of Movember, but I guess they don't get into it as much as people at Dal and Halifax," he said.

"I didn't hear the end of it."

Burke, like the majority of people interviewed by Metro yesterday, will shave off the 'stache tomorrow. But some fundraisers couldn't make it the full 30 days.

"I don't miss the itchiness," said John Ells, a bartender at The Old Triangle, who shaved on Sunday. Staff at the Triangle raised about $1,000 over two nights.

"Also, (it was) for the girlfriend's sake."

Three teens hit with conspiracy charges over fire

Three youth have been charged in relation to a weekend fire at the old Halifax County Rehab Centre on Bisset Road.

The male teenagers, who cannot be named because of their age, were each charged with one count of arson and one count of conspiracy.

Fire crews were called to the old Halifax Rehab Centre in Cole Harbour just before 4 p.m. on Saturday. Sections of the building, which was scheduled for demolition, were completely demolished by the blaze.

Till next time

▶ The three accused will appear in court at a later date.

RCMP picked up the three boys, who were allegedly seen walking away from the scene of the fire, and laid charges yesterday morning.

Police spokesman Cpl. Scott MacRae said he couldn't say what the conspiracy charge relates to.

"Most times, it's any collaboration between more than one person in trying to either deceive or avoid criminal prosecution," he said, adding collectively planning to set the fire could also be considered conspiracy. ALEX BOUTILIER

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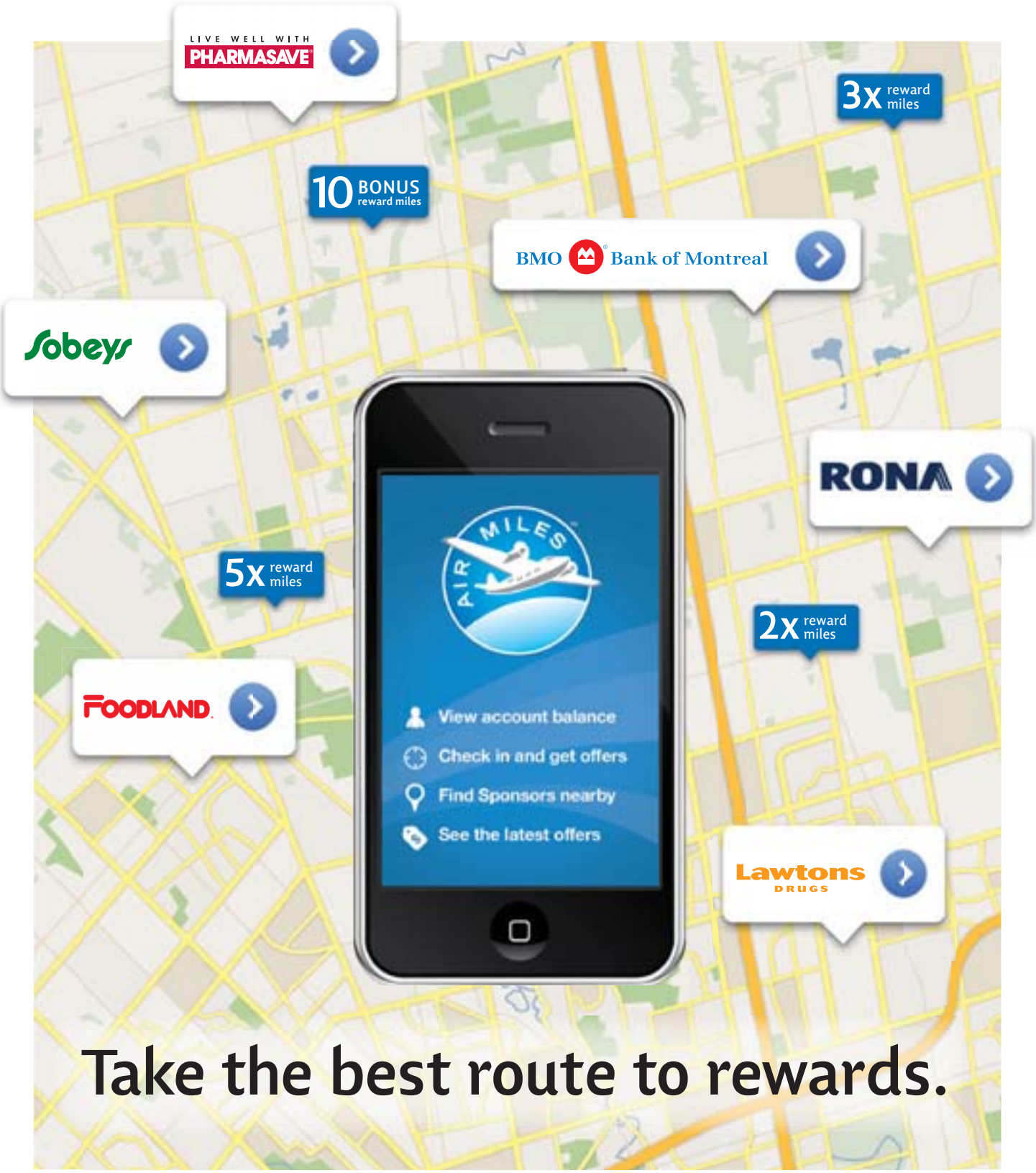


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Opposition concerned by labour changes


▶ Jamie Baillie

Nova Scotia's opposition parties are raising concerns over proposed legislation to streamline labour relations in the province.

The new Labour Board Act would merge six boards into one next year.

Liberal Leader Stephen McNeil says his party supports a unified board, but is concerned that "significant parts" of the bill introduced earlier this month have not had public input.

Conservative Leader Jamie Baillie accuses the NDP government of being "underhanded" in its approach, saying the act contains "hidden, sweeping changes to labour laws."

Baillie says his caucus will oppose the bill at the law amendments committee today and bring forward changes.

The opposition parties say they are particularly concerned about the creation of a labour management review committee and extending successor rights to public sector entities. Both parties say it's unfair that the review committee would have no representation from non-union management or employees.

They also say changes to successor rights would have an impact on who gets to do business with the government.

The Tories say the change legislates that unionized government workers keep their employment and collective agreement benefits if the services they provide are contracted out to private-sector companies.

THE CANADIAN PRESS

Premiers eye federal transfers

Atlantic premiers gather near Pictou ◐ Newfoundland and Labrador Premier Danny Williams attending his last meeting before leaving politics Friday ◐ Premiers are expected to meet again in New Brunswick in May

MIKE DEMBECK/THE CANADIAN PRESS


▶ Nova Scotia Premier Darrell Dexter, left, and Newfoundland and Labrador Premier Danny Williams arrive for the 18th Session of the Council of Atlantic Premiers held in Pictou yesterday.

Atlantic Canada's premiers are vowing to form a united front on federal transfers as Ottawa discusses the renewal of those payments in three years.

The premiers met yesterday to discuss several issues, including transfer payments they say are crucial to provide health, education and social services. The arrangement that determines how those transfers are paid expires on March 31, 2014.

"We do need to make sure we are in the face of the federal government," said Newfoundland and Labrador Premier Danny Williams.

Nova Scotia Premier Darrell Dexter said the Atlantic premiers are well aware that it is in their best interests to speak together on an issue that is vital to the region.

"It's absolutely imperative that we work together to ensure the federal government responds appropriately to the realities of Atlantic Canada," Dexter said.

New Brunswick's David Alward said the region could learn from Western Canada, which he said has worked effectively together on issues important to that area of the country.

"They really have worked as a common front," said Alward.

THE CANADIAN PRESS

Transfer cuts

- Federal Finance Minister Jim Flaherty has recently mused that Ottawa may use inflation and economic growth as a guideline for future transfer payments.
- Ontario's finance minister has said any move that would result in cuts to federal transfers would be "very worrisome." His sentiment has been echoed in Atlantic Canada.

Dexter, Ghiz urge ferry funds

The premiers of Nova Scotia and Prince Edward Island are pushing Ottawa to renew long-term funding for the ferry service between the two provinces.

The last five-year funding agreement expired in March and the federal government has been reviewing the operations of Northumberland Ferries.

Nova Scotia Premier Darrell Dexter and P.E.I. Premier Robert Ghiz are calling for a 15-year federal commitment with no reduction in service levels. They also want Ottawa to help Northumberland Ferries with the refurbishment or replacement of the ferry MV Holiday Island, which is 39 years old.

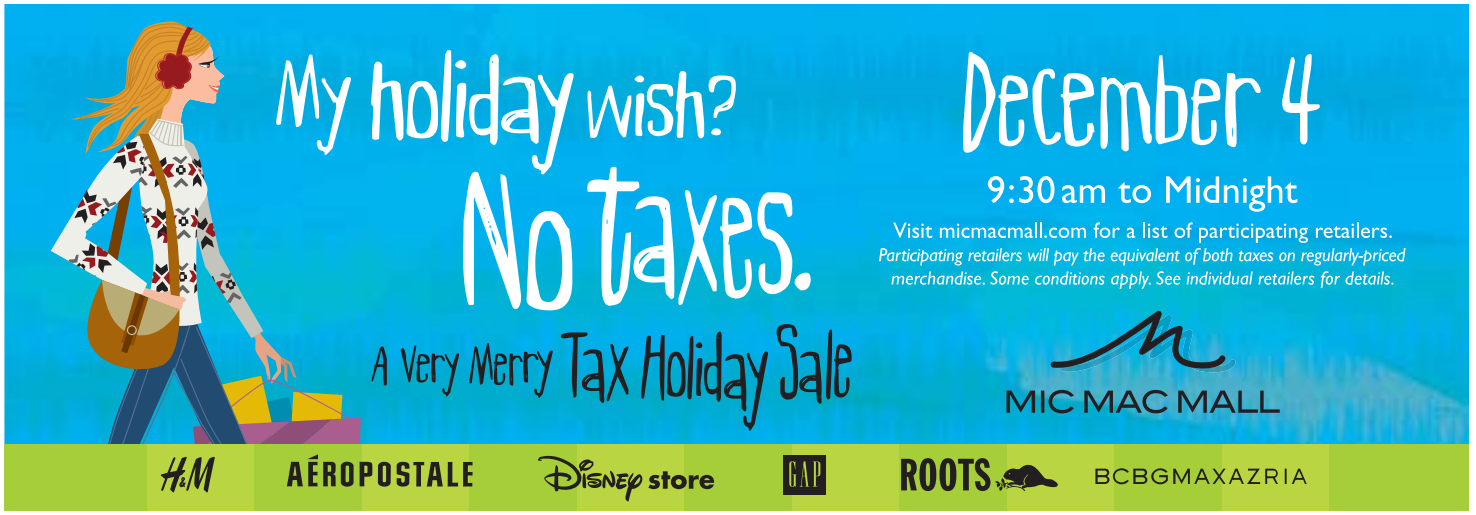
Power one of 100 most powerful

Capital Health CEO Chris Power has been inducted into the Canada's Most Powerful Women: Top 100 Hall of Fame after being selected for a third time to the annual Top 100 Award for most powerful women. She received the award last night in Toronto. ● METRO

Lobster time claws for celebration

One of the most lucrative fishing seasons in the Atlantic region opened yesterday off the southern coast of Nova Scotia.

About 1,700 lobster licence-holders can set traps in an area stretching from Digby County to Halifax. THE CANADIAN PRESS



Italian PM denies wild side

Leaked cables claim Berlusconi puts the party in politics

Italian Prime Minister Silvio Berlusconi insisted yesterday he only throws elegant, dignified soirees at his villas and not wild parties as reportedly described by a Rome-based U.S. diplomat in a cable contained in the Wikileaks trove.

Berlusconi said he didn't care to read what such diplomats had to report, saying "I don't look at what third-rate or fourth-rate officials say."

"I unfortunately have never in my life been to a wild party. Maybe they're interesting. I've never been."
ITALIAN PRIME MINISTER SILVIO BERLUSCONI

Berlusconi has been accused of entertaining escorts and underage girls at his villas — allegations that have fuelled a political crisis that has brought the government to a no-confidence vote in two weeks.

According to the cable, Berlusconi's "frequent late nights and penchant for partying hard mean he does not get sufficient rest." Yesterday, Berlusconi shrugged off the commentary with a laugh.

"I unfortunately have never in my life been to a wild party," he said. "Maybe they're interesting. I've never been."
THE ASSOCIATED PRESS

ROBERTO SALOMONE/GETTY IMAGES



▶ Silvio Berlusconi

Haiti. Elections



▶ A young earthquake survivor in Port-au-Prince.

GUILLERMO ARIAS/THE ASSOCIATED PRESS

Haiti awaits results

A child walks in a camp set up for people displaced by the January earthquake in Champs de Mars square. Haiti wrapped up its Sunday elections in discord while results were not likely until Dec. 7 and runoffs were expected for the presidency and nearly all senatorial and parliamentary races.

Group says crumbling cities need more cash

80 **About 80 per cent of Canadians live in the major urban centres but less than 10 per cent of all taxes are collected by municipal governments.**

Canada's big cities are facing a fiscal crunch that threatens their ability to pay for such things as transit, sewers and housing, say business groups in a joint appeal to federal and provincial governments.

In a news release to be issued nationally today, the chambers of commerce from 13 of Canada's largest municipalities call for a new urban strategy to keep cities from falling apart.

"The bottom line is that Canada's largest urban centres need a more stable, secure and growing revenue source," the release states.

But while municipalities have traditionally placed the lion's share of blame on underfunding from Ottawa and the provinces, the chambers say the municipalities share some responsibility.
THE CANADIAN PRESS

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U.S. considers legal action vs. WikiLeaks

Obama administration feels the heat after cables go public ◐ U.S. vows to improve security measures

WIKI LEAKS

The other side

WikiLeaks founder Julian Assange alleges the Obama administration was trying to cover up evidence of serious "human rights abuse and other criminal behaviour" by the U.S. government. WikiLeaks posted the documents just hours after it claimed its website had been hit by a cyber attack that made it inaccessible for much of the day.

The Obama administration moved forcefully yesterday to contain damage from the release of more than 250,000 classified diplomatic files, branding the action as an attack on the United States and raising the prospect of legal action against online whistleblower WikiLeaks.

U.S. Secretary of State Hillary Rodham Clinton said WikiLeaks acted illegally in posting the material. She said the Obama administration was taking "aggressive steps to hold responsible those who stole this information."

White House spokesman Robert Gibbs said the United States would not rule out taking action against WikiLeaks. Attorney General Eric Holder said the administration would prosecute if violations of federal law are found in a criminal investigation of the incident currently under way.

Gibbs said U.S. President Barack Obama was briefed on the impending massive leak last week and was "not pleased" about the breach of classified documents. "This is a serious violation of the law," Gibbs said.

"This is a serious threat to individuals that both carry out and assist in our foreign policy."

THE ASSOCIATED PRESS

S. Korea. Protest



▶ A member of the Korea Disabled Veterans Organization strikes effigies.

HYUNG MIN-WOO/THE ASSOCIATED PRESS

Anger erupts over island attack

Protesters burned effigies yesterday of North Korean leader Kim Jong Il and his son Kim Jong Un during a rally in Gwangju, South Korea, denouncing last Tuesday's North Korean bombardment of the border island of Yeonpyeong. South Korea's president has vowed tough consequences for any future attack.

CSIS tied 'in knots': Ex-boss

The former head of the Canadian Security Intelligence Service confided the spy agency was "vigorously harassing" known Hezbollah members in Canada, reveals a newly disclosed diplomatic note.

Jim Judd, then CSIS director, also lamented that a soon-to-be released video of young Omar Khadr's interrogation at Guantanamo Bay would trigger "knee-jerk anti-Americanism" and "paroxysms of moral outrage, a Canadian specialty," says the July 2008 cable from the U.S. Embassy in Ottawa.

Though "very worried" about Iran, the spy service secured a promise from the Iranian intelligence ministry to "help" on Afghan issues, including information about potential attacks, adds the note, obtained by online whistle-blower WikiLeaks.

WikiLeaks confirms there will be as many as 2,648 documents referencing Canada among the quarter-million it plans to release in coming days.

The cable disclosed yesterday, classified secret, recounts a July 2, 2008, meeting between Judd and U.S. State Department official Eliot Cohen.

It clearly conveys the former CSIS director's frustration with legal requirements that made the spy agency's efforts to combat terrorism more difficult.

"Director Judd ascribed an 'Alice In Wonderland' world view to Canadians and their courts, whose judges have tied CSIS 'in knots.'"

The cable says Judd told Cohen that he and his colleagues are "very, very worried" about Iran.

THE CANADIAN PRESS

$106.5M
In May, Nude, Green Leaves And Bust, a 1932 Picasso painting, sold for $106.5 million US.

Picassos pop up

A retired electrician in France says 271 of Pablo Picasso's creations have been sitting for decades in his garage.

THE ASSOCIATED PRESS



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Astral beaming with radio apps to go mobile

Software compatible with iPhone, BlackBerry and Android smartphones Scheduled to go live early 2011

Astral Media Inc. says it has inked an agreement to beam its radio stations to mobile devices across Canada under a three-year deal with UBC Media Group.

The pact will include the creation of software applications for smartphones that allow listeners to enter contests, use social networking, stream live music events, buy music and interact directly with on-air personalities and with each other, Astral said yesterday.

Scheduled to go live in early 2011, the mobile applications will be compatible with Apple's iPhones, BlackBerrys and Google-powered Android smartphones.

Astral app happy

A three-year deal with UBC Media Group allows Astral to beam its radio stations across the country

- **What's in it for listeners?** Entering contests, using social media, streaming live events, buying music.
- **Interactivity** Users will be able to interact directly with on-air personalities and each other.

Radio station applications for phones are becoming increasingly popular and are already used by satellite radio providers.

"These new mobile applications will allow us to deliver a rich digital content offering integrated with a deep social media platform," said Rob Farina, executive vice-president of content and platforms for Astral Radio and Orbyt Media, a division of Astral.

"The rollout of these exciting applications will be a game-changer from a user experience standpoint across all our platforms."

Montreal-based Astral is the country's largest private-sector radio company.

THE CANADIAN PRESS

London. Departure



▶ Willie Walsh, CEO-elect of IAG, leaves London's Heathrow Airport yesterday to meet his Iberia colleagues in a merger that will create Europe's third largest airline.

BRITISH AIRWAYS/THE ASSOCIATED PRESS

Airlines on the verge of a merger

Shareholders in British Airways PLC and Iberia SA approved an $8.9-billion US merger. The two airlines announced the merger earlier this year as a way to survive in an industry facing falling demand in the wake of the global credit squeeze.

2.5%

A Royal Bank report suggested housing affordability improved nationally by 1.4 to 2.5 percentage points from the second quarter. THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 10,000 mm btu
+ 2.94 (12,895.65)	+ 0.13¢ (98.17¢ US)	+ $1.97 US ($85.73 US)	$4.264 (– 1.89¢)
			Gold contracts $1,366 (+ $3.60)



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CHEAPNESS MIGHT ACTUALLY BE A VIRTUE

She says ...

JESSICA NAPIER



This is a story about my co-worker Phillip.

Phillip and I happen to share the same birthday. And this is where the similarities end. While I've been known to be a bit reckless with my spending, he is much more conservative when it comes to finances.

If I were polite I would call Phillip extremely frugal. But instead, I'll be honest and call him cheap. He brings penny-pinching, coupon clipping and discount shopping to a whole new level.

In addition to his actual job, Phillip runs a small convenience store out of his cubicle. On any given day his filing cabinet holds chocolate bars, trail mix, bags of chips and even packages of Tums for overindulgent co-workers. He dispenses his wares at an exorbitant premium, making a significant profit off of snack-happy office mates. Phillip has a strict pricing policy; he doesn't permit haggling and will not sell you a handful of Skittles at a discount.

Despite daily arguments over the cost of a single mini Kit-Kat bar (50 cents each or three for a dollar) Phillip's stingy attitude can also be a helpful (if not hilarious) addition to the daily 9-5 grind. He routinely circulates emails that alert office staff to special sales and discounts that might be of interest.

"On the heels of Black Friday and the general insanity of holiday shopping, I've started thinking that maybe gratuitous spending isn't so great, even if it is in the name of all things festive."

So why should you care about any of this?

We're all inclined to be a bit generous with our paycheques around the holidays. Every year, I splurge on gifts for loved ones only to wind up plunging into a debt despair come January.

This year, Phillip — my perpetually penny-wise friend — has been encouraging me to give up my wanton ways and come over to the cheap side. Ninety per cent of his gift giving is reliant on whatever those group-buying coupon websites offer in the weeks leading up to the holidays.

What a Grinch.

But maybe he's onto something. On the heels of Black Friday and the general insanity of holiday shopping, I've started thinking that maybe gratuitous spending isn't so great, even if it is in the name of all things festive. In the face of crazed consumerism, cheapness might actually be a virtue. And perhaps a little retail restraint is just what we all need this holiday season.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



12 days equals $100K

Worth mentioning

In the unlikely event that your Christmas list this year includes every item mentioned in The Twelve Days Of Christmas, be prepared to pay nearly $100,000.

Trying to buy the 364 items repeated in all the song's verses — from 12 drummers drumming to a partridge in a pear tree — would cost $96,824 US, an increase of 10.8 per cent over last year, according to the annual Christmas Price Index compiled by PNC Wealth Management.

So you might want to try for one of everything. That would cost only $23,439, or 9.2 per cent more than last year.

Holiday index



The 27th annual holiday index has historically mirrored the U.S. Consumer Price Index, but not this year. The PNC Christmas Price Index grew 9.2 per cent from last year, compared with just a 1.1 per cent increase in the much broader Consumer Price Index.

Also, gold prices are high — which pushed the cost of five gold rings up 30 per cent to $649.95 — as was the cost of hiring entertainers.

The most expensive item on the list was $6,294.03 to hire nine ladies dancing, a 15 per cent increase from last year. The cheapest was $12 for one partridge, a 20 per cent increase.

THE ASSOCIATED PRESS

Will you shop more online this holiday season? Why?

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Metro Minute at Open Tuning exhibit

As Haligonians, we see the ocean almost as often as we do the Earth. Halifax-based artist Stephen Kelly hopes to examine this relationship in his exhibit Open Tuning (Wave Up) at the Art Gallery of Nova Scotia.

Kelly's exhibit explores the relationship between land and sea, sound waves and sea level. Using speakers mounted on the gallery walls and hanging from the ceiling, Kelly incorporates electronic and sculptural elements to create an "interactive work of art" that mimics buoys at sea responding to weather, the gallery website says.

Check out his exhibit at the Art Gallery of Nova Scotia in Halifax until Jan. 9. METRO

CONTRIBUTED



▶ Stephen Kelly's Open Tuning (Wave Up) exhibit is at the Art Gallery of Nova Scotia until Jan. 9.

From the future Queen of England to the guidos and guidettes of the Jersey Shore, Barbara Walters reveals the most fascinating people of the year 16-year-old Justin Bieber and 88-year-old Betty White also sit down to talk with legendary broadcaster

HANDOUT



▶ The cast of the Jersey Shore.

GETTY IMAGES



▶ Sandra Bullock

GETTY IMAGES



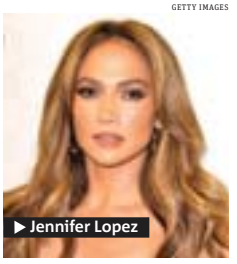
▶ LeBron James

GETTY IMAGES



▶ Sarah Palin

GETTY IMAGES



▶ Jennifer Lopez

2010's most fascinating people

What does octogenarian funny lady Betty White share with teen singing sensation Justin Bieber? What do film star Sandra Bullock and hoops star LeBron James have in common?

All are among this year's crop of The 10 Most Fascinating People, as harvested by Barbara Walters from the fields of entertainment, sports and world affairs.

Also on the list: GOP superstar Sarah Palin, incoming American Idol judge Jennifer Lopez, royal fiancée Kate Middleton and the entire cast of MTV's Jersey Shore. Two more Most Fascinating People are yet to be disclosed, and, as usual, the 10th name will be kept under wraps until the ABC News special airs Dec. 9 at 10 p.m.

This is the 18th year Walters has presented her roundup of the biggest and most buzzworthy. But this year, there's more. She's got a companion special the same night.

An hour earlier — at 9 p.m. EST — Walters is hosting Oprah, The Next Chapter. It's an in-depth visit with Winfrey as she readies OWN, her new cable network launching Jan. 1, and roars down the home stretch of her daytime talk show's final season.

"I interviewed her in 1988, when she was first becoming very popular," Walters said not long ago. "She and I consider this latest interview our coming full circle."

On the program, Winfrey will discuss her new network, the reason she's doing it and concerns she has for its success — "it's a huge leap of faith," Walters said.

Winfrey also talks "very personally" about her relationships with best friend Gayle King and longtime partner Stedman Graham.

"This is an interview about Oprah's life at this turning point," Walters said.

On The 10 Most Fascinating People of 2010, the conversation is personal, too, when Walters sits down with White.

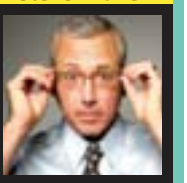
At 88, White has enjoyed a year of triumphs and much-deserved attention as an actress-comedian who is full of life, but during her interview, "she talks about how she feels about death," said Walters, adding, "She still wants to have sex."

Palin — the bestselling author and former governor and vice-presidential candidate — is one of Walters' most fascinating people for a record third consecutive year. Walters said she came away from their recent meeting convinced that "this is a woman who is going to be a candidate (for president) — or, at least, wants to be a candidate."

THE ASSOCIATED PRESS

2 scene

Scene in brief



Addiction specialist Dr. Drew Pinsky will have a new prime-time show weeknights on HLN starting next spring. The network, formerly CNN Headline News, made the announcement yesterday. Pinsky hosts Celebrity Rehab With Dr. Drew on VH1. His HLN show is expected to be more of a talk show, where he discusses news stories that fit into his area of expertise. Pinsky says he's looking forward to the chance to "really explain the choices that people make."

THE ASSOCIATED PRESS

Book Review: Anita Shreve again looks at love and moments of loss in new novel, Rescue



Justin Bieber gets ready for crucial change

- His voice hasn't broken yet, but it will soon
- Working with Usher's voice coach

While his star continues to rise, there are concerns over how exactly teen sensation Justin Bieber's voice is dropping.

"Justin is physically developing at a slower rate than most guys so his voice is only breaking now," a source tells the News of the World. "He's working with the best in the business, a specialist called Jan Smith, to make sure he gets as much vocal rest as humanly possible for a working pop star. It's the same people who worked with Usher when his voice broke.

METRO



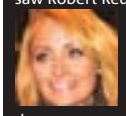
▶ Justin needs to rest his voice.

Celebrity tweets



Mariah Carey [@@MariahCarey] Curly or straight?..need the input:)

Nicole Richie [@@nicolerichie] My son saw Robert Redford on tv & screamed "daddy!". yeah Sparrow, in both of our dreams





Russell Crowe [@russellcrowe] Kevin and I are having a liquid dinner

Steve Martin [@SteveMartin ToGo] Wife packed her bags and was almost out the door over my misspelling of "indie." Romanced her back with a..l..b..u..q..u..e..r..q..u..e...



METRO

Spider-Man left hanging

Several delays and at least two actors left dangling from cables marred the first preview of the mega-musical ``Spider-Man: Turn Off the Dark.''

According to published reports, Sunday night's performance of the reported $65 million show ran over three hours because flying tricks went wrong and the musical had to stop at least five times.

Audience members said Natalie Mendoza and Reeve Carney, who plays the comic-book hero, were both stuck suspended over the crowd.

More than eight years in the making, delays and injuries have plagued the show's debut. It officially opens in January.

THE ASSOCIATED PRESS

Hathaway, Franco will host Oscars

James Franco and Anne Hathaway have just what Academy Awards producers want as hosts of Hollywood's biggest night. They'll put on a show, rather than just another awards ceremony, organizers say.

Bruce Cohen and Don Mischer, producers of the Feb. 27 telecast, said Monday they chose Franco and Hathaway as hosts because the two are rising stars with broad talent that will help turn the night into a celebration of film.

THE ASSOCIATED PRESS





Twins for Mariah?

THEY? With Mariah Carey's pregnancy a matter of record, there's speculation the ever-swelling diva may actually be having twins. Carey herself didn't help matters while promoting her new Christmas CD, thanks to a little pronoun slip. "I just hope that they don't turn out hating Christmas," she joked with Radio Disney.

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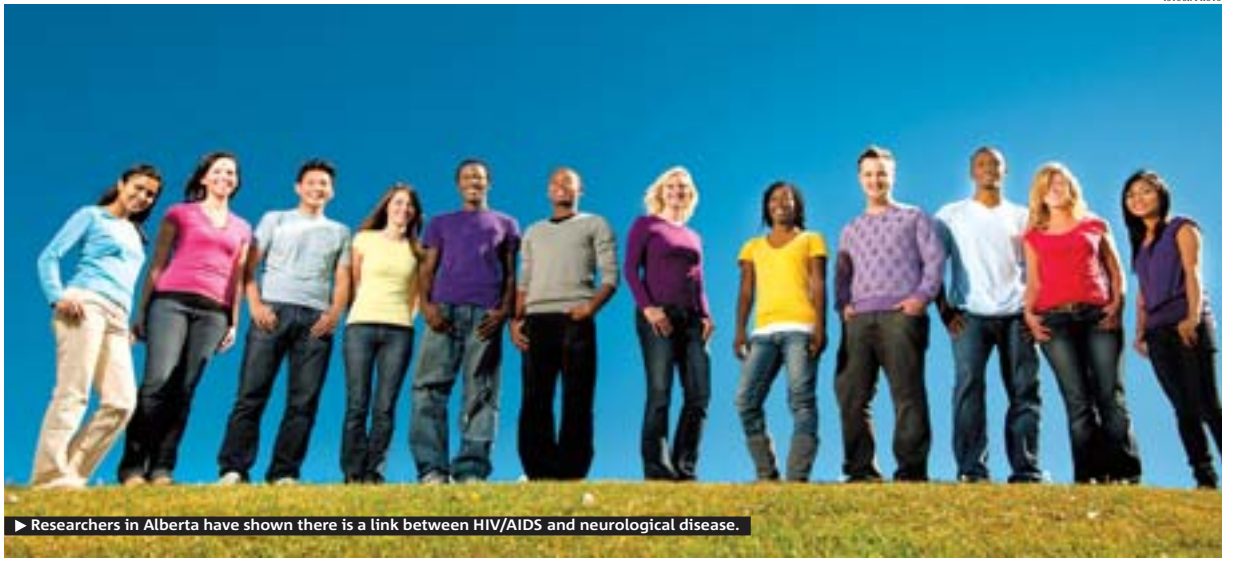


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News worth sharing.

SCORE A DEAL ONLY AT O'REGAN'S ON ROBIE

ISTOCK PHOTO



▶ Researchers in Alberta have shown there is a link between HIV/AIDS and neurological disease.

HIV linked to brain disease: Researchers

Neurological problems shown to be common among AIDS patients ◗ No longer universally fatal, antiretroviral drugs are helping to improve survival rate ◗ Still a long way to go though

CELIA MILNE
WELLNESS@METRONEWS.CA

Rita Tekeste, age 34, is HIV positive.

Since she was diagnosed with the infection seven years ago, she has been on antiretroviral medications, which keep her virus under control while she raises two children, works, and volunteers at the Southern Alberta HIV Clinic in Calgary.

But starting in 2007, Tekeste had some new problems: horrendous headaches, debilitating seizures and loss of memory.

Thanks to one of her physicians, Dr. Chris Powers, the world now knows that neurological problems like this are fairly common in people with HIV/AIDS patients.

He and colleagues recently published results of an important 10-year study linking HIV to neurological disease.

"In a nutshell we showed that despite the availability of antiretroviral drugs, neurological disease is common, occurring in over 20 per cent of those with HIV," Dr. Powers told Metro.

He is a professor in neurology at the universities of Alberta and Calgary and Canada Research Chair in Neurological Infection and Immunity.

"It is not universally fatal the way it was before."
DR. CHRIS POWERS

Tekeste is now feeling OK. She's on medications to control her seizures and headaches, as well as taking a cocktail of HIV drugs.

Overall, there is good news on the HIV front, thanks to the dozens of HIV medications now on the market in Canada.

"Yes, it is not universally fatal the way it was before, because of the availability of antiretrovirals," says Power. But there is bad news too.

"Survival depends on drug cocktails that are hard to take, expensive and toxic. And survival is still much less than in the general population and particularly bad if you have neurological disease."

The study included 1,651 people infected with HIV who were being treated at the Southern Alberta Clinic in Calgary between 1998 and 2008; in those 10 years, 404 of them had neurological problems such as seizures, dementia, nerve pain in their hands and feet, memory loss, headaches and migraines.

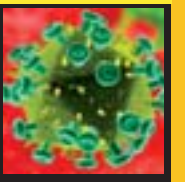
Zoonotic

HIV/AIDS is far from the only disease that comes to us from animals. These viruses, bacteria and other nasty bugs are called "zoonotic infections" and there are more than 500 of them, according to the Journal of Epidemiology and Community Health. Here is a partial list of other disease:

- **H1N1 from pigs**
- **West Nile virus from birds**
- **Measles from cattle**
- **Rabies from dogs**
- **HIV from monkeys**
- **Lyme disease from ticks**
- **Malaria from mosquitoes**

3 life

The disease



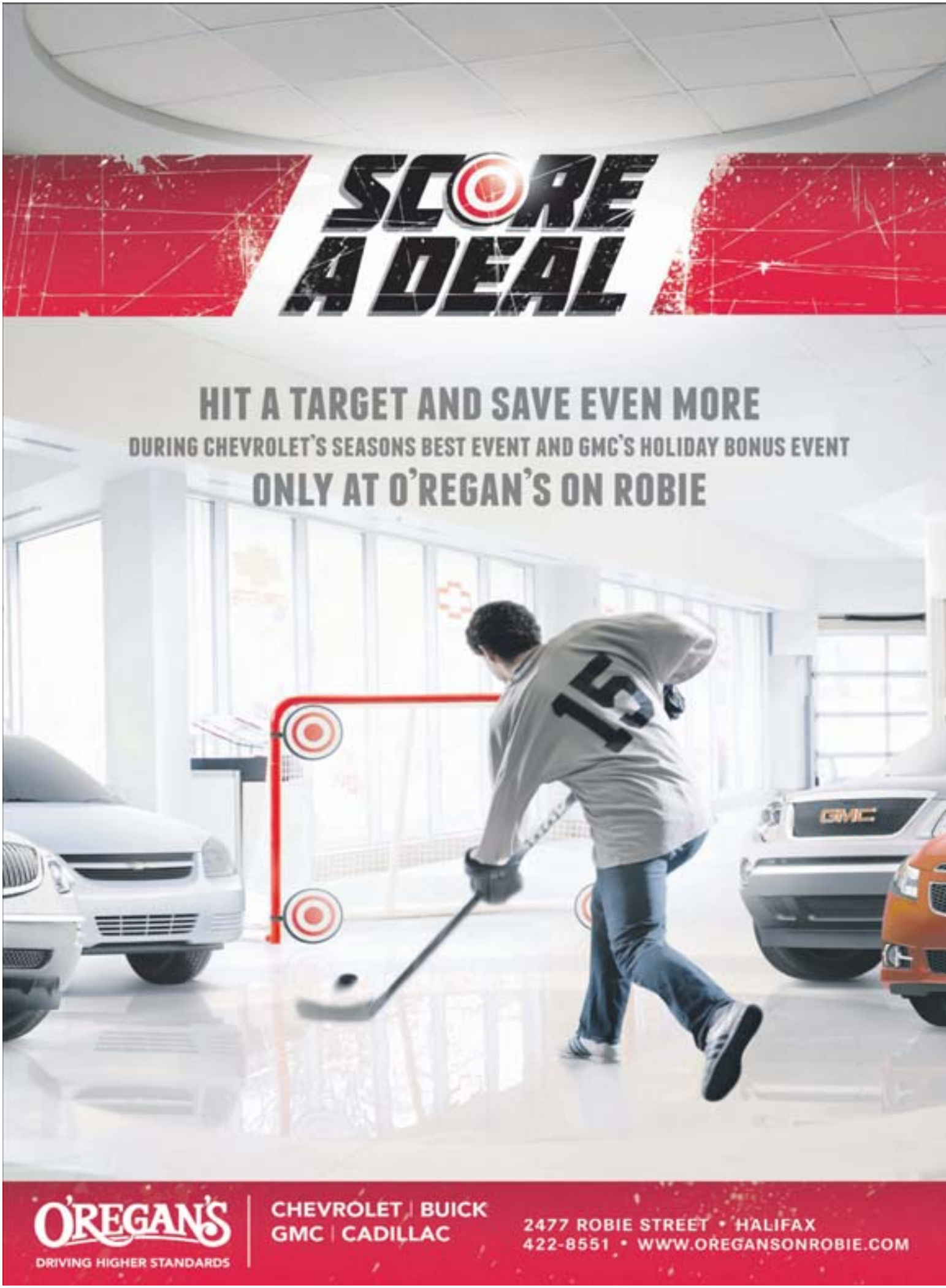
The HIVAIDS epidemic is changing. In Canada, 65,000 people lived with HIV infection in 2008, an increase of 14 per cent since 2005, reports Health Canada. Gay men continue to be the group most affected by HIV in Canada, amounting to 44 per cent of those infected. But, according to Alberta neurologist Dr. Chris Power, vulnerable populations include I.V. drug users and Aboriginal women.

CELIA MILNE



Beyond stem cells: Scientists transform skin cells to nerve, heart, blood cells




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▶ Christine Jere

KIERAN GREEN/CARE CANADA



Overcoming AIDS

The story of Christine Jere One woman is learning to live with the disease thanks to CARE of others

The road to Kabiya village, in the eastern province of Zambia, is red and dusty. Tobacco fields stretch off in either direction. Christine Jere sits on the ground outside her mud-and-thatch hut in Kabiya and tells the story of how she nearly died of AIDS.

At 35 years of age, Christine already has three children and three grand-children. She is a widow — her husband died over 12 years ago. In 2002 Christine got sick.

Over the next few years one symptom followed another as her health steadily declined: loss of appetite, unable to sleep, diarrhea, coughing. Her legs swelled up and, with the pain, she could barely walk. With no mobility, Christine – the main provider for her family – was unable to participate in farming season, which meant no food for the family.

Christine's relatives watched with fear as her health deteriorated. They tried everything to convince her to get testing and treatment but Christine resisted. Then in 2006 an outsider came and tipped the balance. The outsider was Joshua Nonde, a caregiver in CARE's Home-Based Care program.

Christine admits it was the independent advice and support Joshua brought that finally gave her the courage to confront her illness. She went to the hospital where she was tested for and diagnosed with HIV and AIDS. Christine was started on anti-retroviral drug treatments.

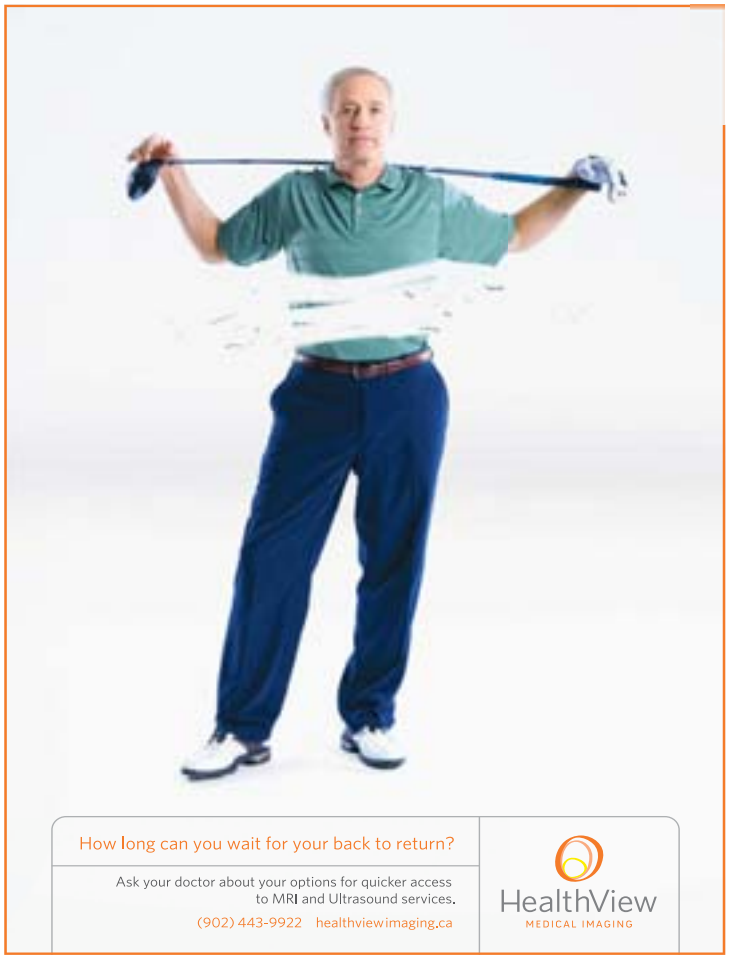
Recovery was a long, slow process. There were those in Kabiya who insisted the modern drugs would not work and urged Christine to give them up in favour of traditional medicine. Again Joshua and the caregivers were there to give reassurance and support her through the treatments. When she was unable to pick up her medications herself the caregivers got them for her. They helped Christine's aunt prepare food for the family and clean the house.

By the end of 2007 Christine had regained weight, strength and mobility. Come the new planting season and she was able to help with the farming again. Seeing her improvement, Joshua invited her to join a newly-started CARE support group for people with HIV and AIDS. The group members help and encourage one another, and keep an eye out to ensure everyone is keeping up on their medications. Each member also makes regular donations into a group saving project. With the saved money they can provide financial support to group members who are struggling. Recently the group used their funds to cover the funeral costs for a member who had died. The members of Christine's support group are also reaching out — going into their communities to find others who are sick and who have not yet been found by CARE's caregivers.

As for Christine herself, today she is doing better than ever. Her eyes light up with excitement as she talks about the next farming season.

She's growing her own vegetables and taking them to sell at the local military barracks. Christine Jere is now treasurer of her support group. She has become a leader among survivors and a role model to her community.

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Gay HIV boom hits young men

A generation ago, AIDS was decimating the gay population. Now it's back.

"HIV is clobbering the gay community," says Robert Carr, director of policy and advocacy at the International Council of AIDS Service Organizations.

"A new generation has grown up that doesn't remember the AIDS epidemic in the 1980's. People don't see their friends dying like they did then. And they've become complacent because HIV isn't a death sentence any more."

There's one obvious reason for the high infection rates: HIV spreads more easily through anal sex than through vaginal sex.

"(Gay men) here often get the virus while having drug-induced sex," says Mikey, an HIV-positive AIDS outreach worker in Kuala Lumpur. Multiple sex partners further increase the risk of infection.

And in many countries, sex between men remains a taboo. HIV awareness campaigns target straight people, while gay men don't realize they can get infected.

"Societies have to be honest about the fact that they have gay people," says Carr.

"And in Western countries there are now gay men who aren't white and middle-class. HIV is increasing among men that weren't part of our countries 20 years ago."

ELISABETH BRAW

Inspiring youth

How one group used theatre to educate on children on the dangers of the AIDS virus and how it spreads

KENNEDY MACKINNON
WELLNESS@METRONEWS.CA

I'm already sweating although it's only 5:45 a.m. It's a typical morning in Quelimane, Mozambique.

I don't yet know that this day will change my life.

I first visited Quelimane in August 2005 with four members of Shakespeare Link Canada.

In Mozambique, there are approximately 1.6 million people are living with HIV or AIDS, more than 90,000 of them children under 15. Few have access to antiretroviral drugs and the average life expectancy is just 38 years (as of 2004).

Our company paired up with an extraordinary Mozambican group called Comphania e Danca e Cante Montes Namuli, which uses theatre to teach AIDS awareness. Together our two companies created an HIV/AIDS education play based on Shakespeare's A Midsummer Night's Dream. We turned Puck into the HIV virus; we loaded the forest with lovers and together we created a truly Mozambican adaptation called Sonho Noctourno — Dream at Night.

SUBMITTED



▶ Shakespeare Link Canada has helped a community affected by AIDS regain its confidence through theatre.

When our company returned to Quelimane in the summer of 2007, we found it suffering with a 33 per cent adult rate of HIV/AIDS. And women were hit hardest of all. We saw countless orphans being raised by their grandmothers and innumerable small children being cared for by sisters barely older than they were. We saw young girls offering to trade sex for money, food, or a home, with older men looking to replace wives who have died.

When we first met them, we could barely hear the girls' small voices. Our plan once again was to use theatre to help build their confidence.

For the next five weeks we played games, danced and sang.

What happened next is nothing short of magic.

The girls take their places in a row to sing one of the songs they have learned. Then, they create tableaux — physical snapshots of girls helping girls; fists in the air, hands clasped together, holding one another up in the air.

One at a time they say, "NO!" — resisting the temptations that can lead to AIDS. We hear every voice. We see every face.

They finish their dramatic presentation by once again repeating "NO!" Only this time they are louder and stronger. There is a thunder of applause. I see the men in the audience on the edge of their seats, cheering and it feels like a new day dawning.

BUSINESS PROFILE

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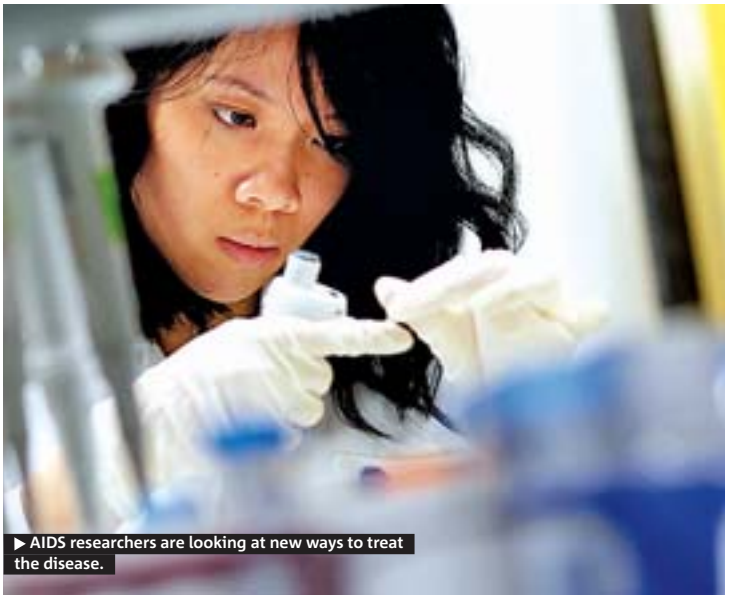
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▶ AIDS researchers are looking at new ways to treat the disease.

In search of new treatments

AIDS researchers around the world are watching the "slow progressors" — people who have HIV infection but don't develop full-blown AIDS.

They only account for one per cent of HIV-infected individuals, but they may provide a key to new treatments.

An international study has identified a genetic variation that helps their immune system control the infection before it spreads.

The Canadian arm was led by Dr. Cécile Tremblay, a researcher with the Centre hospitalier de l'Université de Montréal Research Centre.

He assembled research on slow progressors from all over Canada.

CELIA MILNE



LARRY CROWE/THE ASSOCIATED PRESS



▶ Crab cake potato stacks made with Old Bay seasoning.

Revisit a classic favourite

Old Bay Seasoning changed its side-of-the-can crab cake recipe, we dug up the original

Preparation:

1. Heat oven to 200 C (400 F). Then, to make remoulade: In a bowl, whisk together mayonnaise, pepper jelly, capers, gherkins, parsely and Worcestershire sauce. Season with salt and pepper. Set aside.
2. Cut two ends off each potato, then cut each in half across the centre to create two rounds. Place in bowl and cover with hot water. Allow to rest for 10 minutes.
3. Remove potatoes from water and dry well. Place potatoes on a rimmed baking sheet and toss with oil, salt and pepper.
4. Arrange potatoes in an even layer on baking sheet, then roast for 15 minutes. Use a spatula to flip each round, then roast for another 15 minutes or until they are cripsy and browned on the outside and tender on the inside.
5. While potatoes cook, make crab cakes. Crumble stale bread into a medium bowl and add milk. All the bread should absorb all the milk. Add remaining crab cake ingredients and mix until incorporated.
6. Form mixture into 20 miniature patties, about the size of a tablespoon.
7. When potatoes are cooked, transfer them to paper towels to drain any excess oil. Carefully place crab cakes on hot pan and return to oven. Cook for 5 minutes, then turn on broiler. Brown crab cakes on one side, two minutes, flip crab cakes over and broil them until browned on the other side.
8. To serve, arrange potatoes on a platter. Top each one with a crab cake, then drop a small dallop of remoulade. Serve immediately. Makes 20 servings.

THE ASSOCIATED PRESS

Ingredients:

REMOULADE
- 50 ml (1/4 cup) mayonnaise
- 30 ml (2 tbsp) hot pepper jelly
- 50 ml (1 tsp) capers, chopped
- 15 ml (tbsp) chopped sweet gherkins
- 15 ml (1 tsbp) chopped fresh parsley
- 5 ml (1 tsp) Worcestershire sauce
- Salt and black pepper

POTATOES
- 10 baby red potatoes
- 30 ml (2 tbsp) vegetable oil
- Salt and ground black pepper, to taste

CRAB CAKES
- 2 slices stale bread, crusts removed
- 30 ml (2 tbsp) milk
- 15 ml (1 tbsp) mayonnaise
- 15 ml (1 tbps) Worcestershire sauce
- 15 ml (1 tbsp) chopped parsley
- 5 ml 1 tbsp) baking powder
- 5 ml (1 tbsp) Old Bay seasoning
- 1 egg, beaten
- 500 g (1 lb) lump crabmeat

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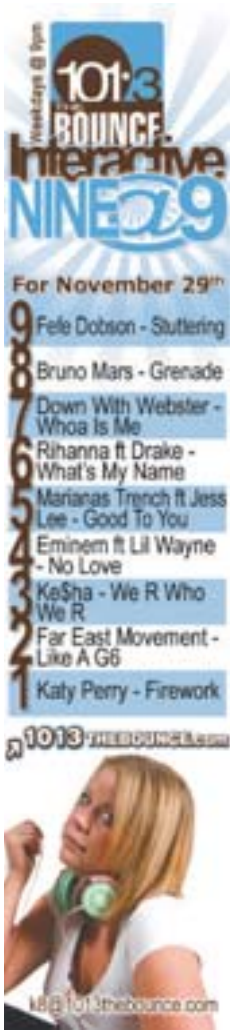
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I'm a vegetarian but my husband-to-be is a carnivore. We're on the verge of moving in together, but he's upset that I won't allow meat in the house. Can a vegetarian and meat-lover ever live happily ever after?

Angela says...

Relationships are all about compromise and it doesn't seem fair to all-out ban meat from the house if your loved one eats it.

You will both need to figure out how to have meat around, while being respectful of each other's food choices. This will be a logistical challenge, no doubt.

But remember that sharing meals can be a very intimate activity you do as a couple — whether it's cooking together, preparing a treat for your honey or stocking the fridge for your loved one. You don't want to feel like you're college roommates labelling one half of the fridge.

Derek says...

During our honeymoon, Angela and I visited her family in southern Italy.

When we arrived at their house, one of the first sentences out of my new zia's mouth was "We're having rabbit for dinner. We killed it this afternoon in your honour."

Needless to say, the meal was spectacular and ranks among my Top 5 favourites.

I admire people with the discipline to avoid meat considering how difficult it can sometimes be to find a satisfying vegetarian meal. But you can't force a meat-eater to go veggie.

You can probably get away with vegetarian dinners most days, so long as he has guilt-free time to hook up with like-minded diners for an animal course once or twice a month.

And while he's out enjoying a 40-ounce dry-aged côte de boeuf carved from locally raised beef and grilled in garlic and rosemary, you can indulge in some carrot sticks and hummus.

USHER OF HER LOVE

Names: Kevin, 22, and Heather, 20

Current city: Toronto

Together since: 2009

Their story:



▶ Kevin and Heather

How We Met: Kevin & Heather

"I was 16 years old the first time I (Heather) met Kevin. We were at a party and although he was very charming and persistent, I wasn't interested that night.

Fast-forward almost three years, and I'd been asked to serve as a bridesmaid in my cousin's wedding. The only thing in my mind was, I hope my usher is cute! Shallow? Sure. But I was 19 and had been through my fair share of frogs. My cousin and her fiancé held a barbecue mixer so that all the bridesmaids and ushers could get to know one another. My cousin introduced me to this guy. It turned out he was my usher. He swept me off my feet this time around, and I knew from then on that I didn't want to live without him."

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How to give with a purpose

This year, putting some thought into giving is sure to make your charitable donation a lot more meaningful

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



'Tis the season of giving but, like anything to do with money, having a plan really improves both the experience and the outcome.

First of all, make sure the charity of your choice is registered with the federal government.

The Canada Revenue Agency has been eyeing charities more carefully lately and there has been an increase in revoked registrations.

Secondly, it is almost always more beneficial to give directly to a charity rather than via a telephone or mail solicitation.

Some charities do their own mail blitzes but many hire fundraisers that take a piece of the pie.

Thirdly, don't spray your money all over the place.

You will feel more connected to a couple of charities if you focus your giving than if you give little bits here and there to a dozen of them.

Choosing a charity can be overwhelming. There are so many good ones and so much need. One great place to start is with your, or your family's, heart.

My late father-in-law, Jack Cruise, was a ophthalmologist and in his 70s he travelled to India and Pakistan with Operation Eyesight Universal to perform cataract surgery in mobile clinics.

By giving to that organization, my children felt connected to their grandfather.

In my single years, wild animals were at the top of my love list and I gave to the World Wildlife Fund every year.

A neighbour has soccer-loving boys so they give to a charity that provides balls, nets and uniforms to kids in places like Haiti.

I also find that children love causes where they get something back such as a letter, a photo or some tangible recognition that their efforts have made a difference.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



YOU'RE NO SCROOGE, YOU'RE JUST A BIT FRUGAL

Plan to have a frugal and cheerful holiday season by setting up a budget to avoid debt, and by shopping early, so you'll have less pressure on your cash flow near the end of the year. Plus, you won't get gouged at the till with holiday 'specials'.

Save money on presents by drawing names so that you only have to buy for one person. Or, set limits on the amount friends and family can spend on gifts. Also, shop throughout the year when you see specials and sales — check flyers, the internet, etc.

Better yet, don't spend on gifts. Make cards, bake or prepare crafts for a gift basket. Or exchange loyalty points from your credit card or other reward program for gift cards or travel vouchers.

Plan inexpensive activities like walking, tobogganing, skating, building snowmen or borrowing books and renting old movies. Take your loved ones to a holiday pageant or make a home video wishing your loved ones a happy holiday season.

Organize volunteer activities with friends and family. Pack food hampers at the food bank or fill a few Operation Christmas Child shoe boxes for a child in need. It's a healthy reminder of how important it is to give back.

Decorations can be hand made: string together popcorn or festive cut outs, turn an old sock into a stocking. Ask for hand-me-down decorations from family or friends.

Buy used wreaths, acrylic trees, and ornaments on Craigslist or at a second-hand store. If you're strapped for cash, choose a smaller tree or decorate a house plant.

Preparing holiday meals can be very expensive so host a holiday potluck dinner instead. Try to buy your meal ingredients in bulk and as much in advance as you can. Use coupons and don't overbuy: a smaller turkey and veggie dishes are ample.

The holidays are about spending time with people you love, not getting caught up in the over-consumption hype.



4 sports

Clarke finds new role in new digs

Clarke asked to alter game with Cataractes ● Not fazed by possibility of facing Mooseheads tomorrow



MATTHEW WUEST
@METRONEWS.CA

Garrett Clarke has been told to shed his tough-guy image with the Shawinigan Cataractes.

After a season and a half of being a QMJHL leader in penalty minutes and fighting majors with the Halifax Mooseheads, Clarke says the Cataractes — who acquired him from the Herd for a draft pick last week — want him to focus on finesse.

"Since coming here, the coach made it clear he doesn't want me to play that type of role," Clarke says. "They want me to be an offensive player and play with skill.

"In Halifax, they got me to be a tough guy and play that kind of role. Here, it's a good fit."

The six-foot, 192-pound Moncton native piled up 218 penalty minutes and 12 fighting majors in 63 games with the Mooseheads, but his lack of on-ice discipline drew the ire of his coaches and partially resulted in his mysterious departure.

With the Cataractes set to host the Mooseheads tomorrow at 8 p.m., Clarke says his former team won't be able to knock him off his game if he's in the lineup.

"I'm mentally stronger now that I'm here," says Clarke, who won't know until game day if he's playing. "I know going in they're going to try to get me to take penalties, but I don't think they can."

Clarke, the sixth overall pick in the 2008 QMJHL draft, showed flashes of his offensive talent in Halifax. He recorded seven goals and 21 assists for 28 points in 63 games, all before his 18th birthday.

61

The jersey number Garrett Clarke is wearing with the Shawinigan Cataractes. He wore No. 82 with the Mooseheads this season and No. 2 with them last season.

In two games with the Cataractes, Clarke has been paired with Gabriel Lemieux, the older brother of Mooseheads right-winger Alex Lemieux. He has a goal, two assists and four hits and says he is double-shifted and used on the power play.

Because he is bilingual, the off-ice adjustment to northern Quebec hasn't been as jarring for him as it is for many Maritimers.

"I'm all settled in," Clarke says, who is living with a billet family that speaks only French. "Being here is a great experience."

Clarke knows his reputation has taken a hit recently and admits he has "made mistakes, but they happened for a reason." He is eager to move ahead with his career in Shawinigan.

"I just want to play my game and prove to everybody I can be a pro prospect for this year's (NHL) draft," Clarke says. "I have a lot of work to do, I have a lot of heads to turn, but I think it can be done."

SHAWINIGAN CATARACTES



▶ Garrett Clarke sports his new No. 61 Shawinigan Cataractes jersey during Sunday's game against the Moncton Wildcats.

Basketball news



The Halifax Rainmen brought in seven-foot centre Cyril Awere, pictured, and six-foot-three two-guard Tommy Mitchell yesterday. The hope is Awere, a recent cut from the NBA D-League's Bakersfield Jam, and Mitchell, a former Manchester Millrats standout, can compete for starting jobs this season. The Rainmen now have 15 players at training camp. Four have contracts.

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Canada pinning hopes on depth

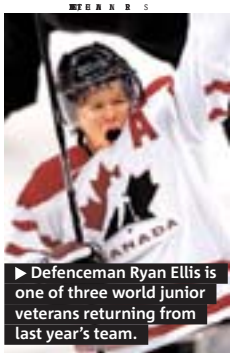
‘There’s no Crosbys ... on this team’: Head scout

Canada doesn’t expect to overwhelm its opponents with skill at the upcoming world junior championship.

“There’s no superstars on the team,” Hockey Canada head scout Kevin Prendergast said yesterday. “It’s going to be a blue-collar team. Knowing the way Dave (Cameron) coaches, it’s a team that’s going to win on working hard and outworking teams.”

Prendergast unveiled the 39 players who will compete for a spot on the squad. The list included just three players who won silver at last year’s tournament — defencemen Ryan Ellis, Jared Cowan and Calvin de Haan.

Ellis was also part of the 2009 team that won gold in Ottawa and will be a central figure at this year’s event in Buffalo.



▶ Defenceman Ryan Ellis is one of three world junior veterans returning from last year’s team.

“He’s the only guy that’s won a gold medal,” said Prendergast. “We certainly know that he’s the captain of his team (in the Ontario Hockey League) and he’s going to be one of the leaders in the dressing room. He knows exactly what it feels like to win and to lose, and not many of these kids have had that experience.”

One player they hope to add is Los Angeles Kings forward Brayden Schenn. He’s appeared in just eight NHL games and could be released in time for the event.

Cameron served as an assistant on Canada’s coaching staff the past two years and knows the fine line between winning and losing.

His junior team, the Mississauga-St. Michael’s Majors, currently sits first overall in the OHL without a premier scorer.

The selection camp will be held in Toronto from Dec. 12-15.

Canada opens the tournament Dec. 26 against Russia. THE CANADIAN PRESS

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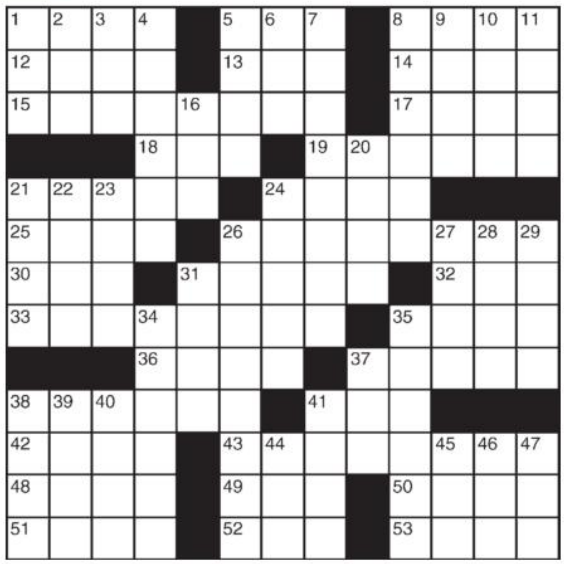
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Crossword



Across

1 Small plateau
5 Banned pesticide
8 Division word
12 Andy's pal
13 "— -la-la!"
14 — -do-well
15 Sucker
17 Hardly colorful
18 Single
19 Figures of speech
21 Speak (out) impulsively
24 Advertise
25 Old Italian money
26 Rein-vested money
30 "I — Camera"
31 One of Donald Duck's nephews
32 "— got it!"
33 Something retained from before
35 On the briny
36 Smell
37 Angry dog's sound
38 Group of fish
41 Summer mo.
42 Tackled weeds
43 Triangular pastry
48 Soprano's solo
49 Salamander
50 Easter flower
51 Hospital section
52 Two, in Tijuana
53 Staffer

Down

1 Chart
2 Ostrich's cousin
3 "Help!"
4 Off the boat
5 Peace symbol
6 Female deer
7 Michael Jackson classic
8 Deep reddish blue
9 Infamous lyre player
10 Squad
11 Spheres
16 Can. prov.
20 As required
21 Mediocre
22 Long car, for short
23 Caspian Sea feeder
24 Strength
26 Staged a mutiny
27 Passport endorsement
28 Always
29 Authentic
31 Extinct bird
34 Thingamajig
35 Luanda's land
37 Pistol
38 "Pygmalion" writer
39 Cat of "Iron Chef"
40 Estate recipient
41 — and crafts
44 Venusian vessel?
45 Half of XIV
46 Bygone days, in bygone days
47 "Catcher in the —"

▶ Yesterday's answer

T	U	G		S	H	A	L	T		R	O	E
A	S	A		T	O	R	A	H		E	G	G
J	E	S	S	A	M	I	N	E		E	R	A
			A	G	E		C	O	A	X	E	D
M	A	H	L	E	R		E	R	M	A		
A	L	I		D	U	G		Y	E	M	E	N
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A	S	T	H	E		T	E	A		N	I	T
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C	O	M	M	I	T		E	E	L			
O	B	I		D	E	T	E	R	M	I	N	E
W	O	N		E	N	A	C	T		L	E	O
L	E	E		S	O	P	H	S		K	E	N

Sudoku

	8		5		1		4	
7	1	3				2	9	5
		2	3	4	5	8		
		1	8	7	9	5		
6	9	5				1	2	4
	3		2		4		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	7	2	5	4	1	8	6	9
1	8	6	2	7	9	5	3	4
4	5	9	6	3	8	7	1	2
8	3	7	9	5	2	6	4	1
2	9	1	4	8	6	3	7	5
5	6	4	3	1	7	2	9	8
9	4	8	7	6	5	1	2	3
6	1	3	8	2	4	9	5	7
7	2	5	1	9	3	4	8	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Miguel, you're an incredible boyfriend and your support these past three and a half years has been VERY appreciated. Thank you and I love you babe. **BABYGIRL XO**

Flav, we've been through so much, but I know we'll make it. My love, my life, my strength, we just fit. Kisses on your side face! **VAL**

Miranda I am so happy you are next to me, you make my day!! thank you for all your help. I love you **"THE LITTLE CHIQUIE"**

Hey Poopie! I'm sending you this kiss today to brighten your day like you brighten mine. I love you with every breath in my body. Keep breathing. **LOVE: YOUR POOBEAR**

Grasshopper, I can't belive we've been together for over two blissful years. Who would have thunk. It's like a dream. **XOXO, M**

Today 5°/-2° Sunny
Wednesday 6°/4° Mainly sunny

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to play@metronews.ca

♈ Aries March 21-April 20 Everyone needs to have a dream. Don't let those who lack your imagination talk you out of trying to make your vision of a better life come true. You can, and you will, make it happen.

♉ Taurus April 21-May Venus, planet of harmony, moves into your opposite sign today, making it easier for you to get through to loved ones on an emotional level. They're waiting for you to reach out.

♊ Gemini May 22-June 21 The more of an effort you make to get along with colleagues, the more of an effort they will make to help you out with something that is too much for you to cope with on your own.

♋ Cancer June 22-July 22 You will find that the right opportunity comes at just the right time and in just the right way. After that, it's up to you. Seize the day and make it your own.

♌ Leo July 23-Aug.23 Your home life may have been a bit chaotic lately, but from today it will start to settle down again. Domestic bliss is a necessary precondition to making the most of your creative talents. Soon, you'll be flying again.

♍ Virgo Aug. 24- Sept. 22 Ignore what others say cannot be done and do it anyway. For them, it may be difficult, even impossible. But for you, it will be child's play — simply because you refuse to take it too seriously.

♎ Libra Sept. 23-Oct. 23 Positive news regarding your cash flow is due any day. Stop worrying about where your next dollar is coming from because negative thinking only pushes good things away. Think rich and you'll be rich. It's that simple.

♏ Scorpio Oct. 24-Nov. 22 You may be intense by nature but you will relax considerably now that Venus is moving into your birth sign. Life is good and you can sense that it is about to get even better.

♐ Sagittarius Nov. 23-Dec. 21 Others can lower their standards and settle for second best if they like, but you're not about to follow their example. You're No. 1 or you're nothing.

♑ Capricorn Dec. 22-Jan. 20 What can you do to help friends through a rough patch? Tell them jokes. Make them smile. Laughter is always the best medicine.

♒ Aquarius Jan. 21-Feb. 18 Venus crosses the career angle of your chart today, smoothing your path to success by making it easy to get along with employers. They want to see you succeed. How much do you want it?

♓ Pisces Feb. 19-March 20 Stop worrying about the things you can't change and start enjoying the good things in life. You may think life has been hard of late but compared to most people, you've had it easy. ● **SALLY BROMPTON**

Caption contest

BRAINERD DISPATH, KELLY HUMPHREY/ AP



WIN! **You write it!**

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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AIR CANADA VACATIONS

Deals of the week

Use your mobile application

DOMINICAN REPUBLIC

Puerto Plata
Bahia Principe San Juan • 3 1/2 ★
All-Inclusive • Standard rm.
Feb. 23 – Mar. 9 • 1 wk.
PRIVILEGES
$1059
+Taxes & other fees: $151

Samana
Gran Bahia Principe Cayacoa • 4 ★
All-Inclusive • Standard rm.
Feb. 17 – 24 • 1 wk.
PRIVILEGES
$1269
+Taxes & other fees: $151

Punta Cana
Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Mar. 12 – 19 • 1 wk.
$1729
+Taxes & other fees: $151

MEXICO

Puerto Vallarta/ Riviera Nayarit via Toronto
Canto del Sol Plaza Vallarta • 3 1/2 ★
All-Inclusive • Standard rm.
Dec. 30 • 12 nts.
$1429
+Taxes & other fees: $286

CUBA

Holguin
Sirenis Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
Mar. 26 – Apr. 16 • 1 wk.
$1099
+Taxes & other fees: $155

Playa Costa Verde • 4 ★
All-Inclusive • Standard rm.
Feb. 26 • 1 wk.
$1269
+Taxes & other fees: $155

Varadero
Sirenis La Salina Varadero Beach Resort • 4 ★
All-Inclusive • Standard rm.
Feb. 25 & Mar. 4 • 1 wk.
$1229
+Taxes & other fees: $155

MEXICO

Ixtapa/Zihuatanejo via Toronto
Barceló Ixtapa Beach • 4 ★
All-Inclusive • Superior rm.
Dec. 25 • 1 wk.
PRIVILEGES
$1699
+Taxes & other fees: $273

ST. MARTIN/ST. MAARTEN

via Toronto
Hotel Beach Plaza • 3 1/2 ★
Breakfast • Luxe island view rm.
Jan. 8, 15 & 22 • 1 wk.
$1249
+Taxes & other fees: $202

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive
Traditional standard rm.
Feb. 7 & 14 • 1 wk.
PRIVILEGES
$1329
+Taxes & other fees: $98

Gran Bahia Principe Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Feb. 7 & 14 • 1 wk.
PRIVILEGES
$1639
+Taxes & other fees: $98

Iberostar Rose Hall Beach • 4 1/2 ★
All-Inclusive
Standard garden view rm.
Feb. 7 & 14 • 1 wk.
$1639
+Taxes & other fees: $98

USA

Orlando via Montreal or Toronto
Clarion Hotel Maingate • 2 1/2 ★
Standard rm. • Jan. 12 • 1 wk.
$589
+Taxes & other fees: $130

Las Vegas via Montreal
Excalibur Hotel & Casino • 3 1/2 ★
Hotel rm. • Jan. 23 & 24 • 3 nts.
$599
+Taxes & other fees: $127

CRUISE

PRINCESS CRUISES[1]
Caribbean Princess
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. M
Feb. 27 • 1 wk.
$1329
+Taxes & other fees: $132



SOL MELIÁ CUBA HOTELS & RESORTS

CUBA

Cayo Coco/Cayo Guillermo
TRYP Cayo Coco • 4 ★
All-Inclusive • Standard rm.
Mar. 19 & 26 • 1 wk.
$1259
+Taxes & other fees: $155

Varadero
Meliá Varadero • 4 ★
All-Inclusive • Standard rm.
Feb. 25 & Mar. 4 • 1 wk.
PRIVILEGES
$1399
+Taxes & other fees: $155

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